

## Issue Highlights

- **HIV Drugs And Herb Interactions**
- **Dietary Supplements and Blood Glucose**
- **Chicken Soup Brigade - Seattle, WA**

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## HIV Drugs and Herb Interactions

Subhuti Dharmananda, PhD <subhuti@itmonline.org> is the Director and founder of the Institute for Traditional Medicine (ITM) in Portland, Oregon. Subhuti got his PhD in Biology from the University of California. The ITM is a non-profit educational organization that operates two clinics in Portland. The clinics offer Traditional Chinese Medicine (TCM) and other natural health care methods in support of modern medical care. Dr. Dharmananda is the author of

numerous articles describing the practice of TCM and commonly used medicinal materials. Most of the articles are posted for free viewing on the ITM web site at [www.itmonline.org](http://www.itmonline.org).



Since the initial reports of HIV infection in the U.S. in the early 1980s, a large number of people with this disease have considered herbal remedies. Prior to the development of highly active antiretroviral therapies (HAART), thousands of

### Editor's Note

Articles in this issue highlight the need for health care professionals to learn about the use of herbs (botanicals) and other dietary supplements. As noted by Subhuti Dharmananda, PhD and Sharon Herr, RD the use of these substances continues despite the development of highly active antiretroviral therapy (HAART). Dr. Dharmananda's article offers information on the use of HIV medications and interactions with botanicals dispensed by

Traditional Chinese Medicine (TCM) practitioners. An article authored by Sharon Herr, RD highlights the need for health care professionals to be aware of herbs that affect blood glucose levels. As the use of herbal therapies continues to increase, especially among people who have blood glucose abnormalities due to their use of HAART, knowing about these therapies becomes vital.

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## Editor's Note

*Improving the quality of life for  
HIV-challenged individuals  
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Leads to more information and resources on TCM, botanicals, and other complementary therapies help the reader to learn more about these subjects. Information on a new combination drug (Truvada), which contains two antiretroviral agents (emtricitabine and Tenofovir DF), helps readers to decide if it may be helpful to add the antiviral agent to current HIV medication regimens.

An update of Chicken Soup Brigade - The Food Program of Lifelong AIDS Alliance highlights numerous positive changes to their nutritional services program in Seattle, WA. The Resource Corner column in this issue has leads to botanical, drug-interaction and other complementary therapy information. This column also contains information to help health care professionals obtain free continuing education credits (CEU's) and product samples. Web site links to downloadable reliable nutrition information, some also available on free compact discs and videos, help people to learn more about healthy food habits.

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### Save the Date for ANSA!

The 12th Annual Association of Nutrition Services Agencies (ANSA) Conference will be held from September 15-17, 2005 in Washington, DC. For more information about "DC05 The Power of Collaboration", call ANSA by telephone at 202/737-1101 or visit the ANSA web site.

[www.ansanutrition.org](http://www.ansanutrition.org)

### publisher's Corner

*HIV Nutrition Update* is a quarterly newszine of practical and timely nutrition resources. Features present peer-reviewed articles and practice-oriented reviews of vital advice for people working in HIV care. Information is supplemented by news releases, conferences, and expert recommendations.

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